CATCH® MY BREATH

Youth Vaping Prevention Education

Empower youth to live vape-free

Through a contract with the Connecticut Department of Public Health and supported by the Tobacco and Health Trust Fund, many middle and high schools are eligible to receive evidence-based youth vaping prevention education resources at no-cost. CATCH My Breath, a SAMHSA-recommended program of CATCH Global Foundation and the UTHealth Houston School of Public Health, is designed for youth in grades 5-12 and has published peer-reviewed results of reducing students' likelihood to vape.

~~$20,000~~ value per school

COST-FREE

If your school or district is in the western, northwestern, capitol, eastern, or northeastern parts of the state, complete our Participation Site Form to learn more about participating. Space is limited.

catch.org/ct-vaping-prevention

Connecticut Youth

From 2021 to 2023, the percentage of Connecticut high school students who reported vaping in the last 30 days increased from 10.6% to 11.5%, representing approximately 16,600 students. Of these students, about 5,200 (31.4%) reported vaping daily.

*Connecticut Youth Risk Behavior Survey

Participating schools will receive:

- Access to CATCH My Breath curriculum for grades 5-12 and parent resources
- Service learning projects for students to advocate for vape-free policies and environments
- In-Service, Train-the-Trainer, and Students-Teach-Students (peer-to-peer teaching model) professional development
- School Community of Practice collaborative for school and district administrators to implement tobacco-free policies, practices, and procedures
- Ongoing implementation support from CATCH Global Foundation and program partners for sustainability purposes



CATCH® GLOBAL FOUNDATION

Developed in Partnership with:

UTHealth The University of Texas Health Science Center at Houston School of Public Health

MICHAEL & SUSAN DELL CENTER for HEALTHY LIVING